

## LOW CARB MEAL REPLACEMENT

THE MRE PROTEIN LINE IS BUILT OFF THE PREMISE THAT 'REAL FOOD IS THE MOST IMPORTANT FUEL YOU CAN GIVE YOUR BODY.' FORMULATED WITHOUT WHEY PROTEIN,† MRE LITE IS A DELICIOUS WAY TO UP YOUR PROTEIN INTAKE. PLUS IT'S GENTLE ON YOUR STOMACH AND TASTES DELICIOUS.



BUILD & RECOVER  
ANY TIME OF DAY



MULTIPLE WHOLE FOOD  
PROTEIN SOURCES



CREAMY MILKSHAKE  
TASTE & TEXTURE.



NO WHEY,  
EASY TO DIGEST†

## FOR BEST RESULTS



### HOW TO TAKE

**MIX (1) SCOOP** OF MRE LITE  
WITH 4-6oz OF WATER  
OR YOUR FAVORITE BEVERAGE.  
SHAKE WELL AND CONSUME.



### WHEN TO TAKE

**ANY TIME OF DAY**  
AS A HIGH PROTEIN,  
COMPLETE MEAL  
REPLACEMENT.



**WATCH VIDEO SCAN TO LEARN MORE**

††Not a low calorie food. See nutrition information for calorie and sugar content.  
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

†Contains Milk. See nutrition panel for allergen information.

**REDCON1**

# MRE LITE®

30 SERVINGS

WHOLE FOOD PROTEIN

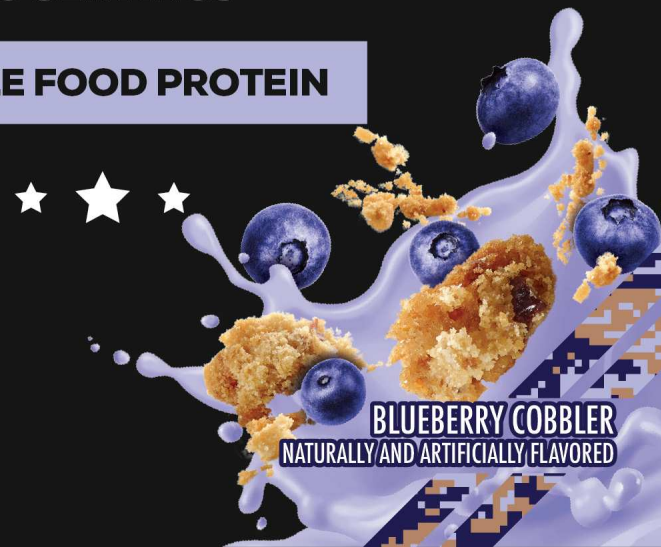
24g PROTEIN

0g ADDED SUGAR†

130 CALORIES

†Not a low calorie food. See nutrition information for calorie and sugar content.  
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

PROTEIN POWDER DRINK MIX  
Net Wt. 31.64 oz (1.98lb) (897g)  
SOLD BY WEIGHT NOT VOLUME



**BLUEBERRY COBBLER**  
NATURALLY AND ARTIFICIALLY FLAVORED

130 CALORIES

0g ADDED SUGAR†

24g PROTEIN

## Nutrition Facts

30 servings per container

Serving Size **1 Scoops (29g)**

Amount Per Serving

**Calories 130**

% Daily Value\*

Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 24g</b>	<b>48%</b>
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 2mg	10%
Potassium 125mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Food Protein Blend (Beef Protein Isolate, Pea Protein, Brown Rice Protein, Chicken Protein, Egg Albumin, Salmon Protein), Natural and Artificial Flavors, Milk Creamer (for texture), Cellulose Gum, Ground Cinnamon, Medium Chain Triglyceride (MCT) Oil Powder, Maltodextrin, Salt, Sucralose, Acesulfame Potassium.

Contains: Milk, Egg, Fish (Salmon)

**Allergen Warning: Manufactured on shared equipment which processes products containing Milk, Egg, Soy, Peanuts, Tree Nuts, Wheat, Shellfish and Fish.**

DISTRIBUTED BY: REDCON1, LLC  
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Settling may occur. Keep in a cool, dry place. Store at 59-86°F (15-30°C)



V.1.2

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REDCON1.COM